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Tyndall Air Force Base, Fla. *Gulf Defender*

April 28, 2000



**Airman 1st Class
Nichole L. Fleming**
325th Maintenance Squadron
Airman of the Quarter



Senior Airman Ben M. Klosterman
325th Comptroller Squadron
Honor Guard Member of the
Quarter



Staff Sgt. Tammy McElroy
325th Medical Support Squadron
NCO of the Quarter



Master Sgt. Ronald W. Ward
95th Fighter Squadron
Senior NCO of the Quarter



Capt. Margaret M. Wagner
325th Medical Group
Company Grade Officer of the
Quarter

Team Tyndall names first quarter award winners

Master Sgt. Rob Fuller
325th Fighter Wing
public affairs

Team Tyndall honored five of its members recently during the quarterly awards ceremony held at the Pelican Reef Enlisted Club.

The winners are **Airman 1st Class Nichole L. Fleming**, 325th Maintenance Squadron precision guided munitions crew member, Airman of the

Quarter; **Staff Sgt. Tammy McElroy**, 325th Medical Support Squadron medical laboratory journeyman, NCO of the Quarter; **Master Sgt. Ronald W. Ward**, 95th Fighter Squadron assistant specialist section chief, Senior NCO of the Quarter; **Capt. Margaret M. Wagner**, 325th Medical Group medical readiness and group education chief, Company Grade Officer of the Quarter; and **Senior Airman Ben M.**

Klosterman, 325th Comptroller Squadron, Tyndall Honor Guard Member of the Quarter.

Fleming expertly performed a stringent 79-step inspection on 36 AIM-9 missiles during the past quarter. Her efforts uncovered four damaged umbilicals, three loose block springs and a damaged forward hanger. Her swift actions ensured no sorties were lost to unserviceable missiles. Her dedication and motivation earned her se-

lection as spare tool program manager. She also effectively reduced the on-hand number of spare tools from 747 to 407 and reduced the corrosion control and inventory time by 50 percent.

"I'm very happy Nicole has been recognized in this manner," said Staff Sgt. John McGinty, 325th Maintenance Squadron precision guided munitions crew chief and Fleming's supervisor. "She's an outstanding

performer who always does a great job and always volunteers in the community."

McElroy, a native of Chicago, Ill., works in a section of the medical support squadron that is arguably the busiest—reporting 28,500 lab results in the past quarter. Her review of quality control and preventive maintenance charts ensured the precision

●Turn to AWARD Page 4

NCO Academy joins hands with Bay County; walk to improve health of America's children

Staff Sgt. Mona Ferrell
325th Fighter Wing
public affairs

More than 90 NCO Academy students and instructors are taking the Air Force spirit to the streets of Panama City Saturday, participating in the March of Dimes Walk America 2000.

The nation-wide event is held annually to raise awareness and money for the prevention of birth defects.

The NCO Academy participants see this as a way to give back to the community, said Master Sgt. Dale Hansen, NCO Academy leadership

division superintendent. "Panama City, and Bay County in general, give the base and what we do here a lot of support," he said. "I think this is a great way to give something back to the community."

This outpouring of generosity is going to be seen in more ways than one. In addition to walking in the event, some of the Team Tyndall participants are also going to be setting up and handing out refreshments. "Helping out in an event like this epitomizes the core values that we (in the Air Force), hold very high," Hansen said. "Anytime you can help a charity like this out, whether you're walking or helping to set

up, you're doing it for a worthwhile cause."

The cause in this case is children. President Franklin D. Roosevelt founded the March of Dimes in 1938 to put an end to polio, an epidemic that was crippling and claiming the lives of our nation's children at the time, said Sue Singleton, March of Dimes Gulf Coast Division director. With the help of thousands of volunteers who cared for polio patients and teams of scientists working around the clock, Roosevelt's call to action worked. Within 20 years, a vaccine to prevent polio was devel-

●Turn to MARCH Page 3

Don't get caught in the wind!

Hurricane Awareness Briefing



For: Spouses of deployed or remote service members

Time: 5:30-6:30 p.m.

Date: Saturday

Place: Family Support Center classroom, Building 743

Hurricane season is around the corner; be prepared.

Teams prepare for “the challenge”

Tech. Sgt. Michael Ward
Air Force Civil Engineer Support Agency public affairs

Last April, hundreds of military members representing six countries were going through final preparations to battle for team and individual trophies at Readiness Challenge VII. The competition never happened, as United States and Allied forces turned their attention to real-world battles in the Balkan region.

Now, Readiness Challenge is back. The biennial Air Force Civil Engineer, Services and Chaplain Service combat and contingency skills competition will be held here Saturday through May 5.

“We’ve waited a long time for this and you can definitely feel the excitement growing as it gets closer,” said Lt. Col. Wayland Patterson, Readiness Challenge VII project officer.

During Readiness Challenge, teams set up and maintain support operations under bare-base, wartime field conditions, including setting up components of a self-sufficient camp with living quarters, work areas, water and food service. Events cover a broad spectrum of wartime skills from force beddown to base recovery. Chaplain competitors are tested on their ability to serve the spiritual and counseling needs of military members in a contingency environment.

The competition features 12 U.S. teams representing each of the Air Force’s major commands, two direct reporting units and the Air National Guard. They will be joined by teams from Canada, the United Kingdom, Norway and Japan.

Teams began arriving Thursday at the Silver Flag site, home for the competition. Teams live in field conditions and eat in contingency kitchens set up on site. The competition officially starts 6 p.m. Saturday with opening ceremonies and the first competition events begin 6 a.m. Sunday.

- U.S. teams**
- Major commands
- Air Combat Command – 366th Wing, Mountain Home AFB, Idaho
 - Air Education and Training Com-

- mand – 314th Airlift Wing, Little Rock AFB, Ark.
- Air Force Materiel Command – 75th Air Base Wing, Hill AFB, Utah.
- Air Force Space Command – 90th Space Wing, F.E. Warren AFB, Wyo.
- Air Mobility Command – 60th Air Mobility Wing, Travis AFB, Calif.
- Pacific Air Forces – 3rd Wing, Elmendorf AFB, Alaska.
- United States Air Forces in Europe – 48th Fighter Wing, RAF Lakenheath, United Kingdom.
- Air Force Special Operations Command – 16th Special Operations Wing, Hurlburt Field.
- Air Force Reserve Command – 927th Air Refueling Wing, Selfridge Air National Guard Base, Mich. (The Air Force Reserve team will also have members from the 910th Airlift Wing, Youngstown Air Reserve Station, Ohio,

- and the 934th Airlift Wing, Minneapolis-St. Paul Air Reserve Station, Minn.).
- Direct reporting units
- District of Columbia – 11th Wing, Bolling Air Force Base, Washington, D.C.
- United States Air Force Academy – 10th Air Base Wing, USAF Academy, Colo.
- Air National Guard
- 134th Air Refueling Wing, McGhee Tyson ANG Base, Tenn.
- International teams**
- Canada – 14th Airfield Engineering Squadron, Bridgewater, Nova Scotia.
- United Kingdom – 48th Field Squadron (Air Support), Waterbeach, Cambridge.
- Japan – Kouku-Shisetsutai (Air Civil Engineering), Tokyo.
- Norway – Base Defense Group, Camp Kolsas.



Staff Sgt. Mona Ferrell

Staff Sgt. Jennifer Amerson, 81st Civil Engineer Squadron electrical specialist from Keesler AFB, Miss., left, and Staff Sgt. Jeffrey Brown, 88th CES electrical specialist from Wright-Patterson AFB, Ohio, far right, fill sandbags for competitors to use during Readiness Challenge VII.

Drug company initiates recall

Courtesy of the Tyndall satellite pharmacy

The Schering/Key Company is issuing a recall of certain inhalation aerosols as a precaution to address the remote possibility that an aerosol inhaler may not contain active drugs.

Although the company believes that all of its aerosol products currently in the marketplace are safe and effective, they're using the recall as precautionary measure.

The recall covers the following batches of PROVENTIL brand of albuterol, USP Inhalation Aerosol, and Warrick brand of albuterol, USP Inhalation Aerosol: batch num-

bers **7-BBS-303 through 7-BBS-642**, batch numbers **8-BBS-500 through 8-BBS-826** and batch numbers **9-BBS-500 through 9-BBS-832**.

Please note, this recall does not affect PROVENTIL HFA (albuterol sulfate, USP) Inhalation Aerosol, or any product with an expiration date of October 2001 or later.

Patients are being advised that if they are using their already opened PROVENTIL or Warrick brand of albuterol inhaler with good results, they do not need to replace their inhaler. Additionally, if patients have any PROVENTIL or Warrick brand of albuterol inhalers from these lots which were never used, please return them to the pharmacy.

AAFES prepares to help eliminate credit card fraud

DALLAS (AFPN) — In today's financial climate, where the issue of personal privacy is of the utmost importance, credit card fraud is fast becoming the major concern among those who use the convenient piece of plastic as their primary means of shopping. Army and Air Force Exchange Service customers are no different and share in the concern over credit card fraud.

One such issue deals with the printing of credit card numbers on sales receipts. Many merchants use credit card acceptance systems that print receipts that include the customer's entire credit card number. While the prevalence of this practice varies by area, it is the predominant method used by the majority of retail merchants in this country.

Many customers feel this practice is an open invitation to credit card fraud, including those who patronize AAFES exchanges.

AAFES, too, has recognized this issue as a potential security

concern to our customers. As a result, its Management Information Systems Directorate is now preparing to implement software modifications and revisions within its retail system allowing the suppression of all but four digits of the customer's credit card number printed on the sales receipt.

The new version of point-of-sale software that will suppress the printing of the credit card number on receipts is currently being tested by AAFES, said Phil Feinberg, AAFES MIS Store Support chief.

"The upgrade itself is a major version change, and if all goes well with the testing, our current plans are to implement the change this summer," he said.

According to AAFES officials, it is AAFES' policy to take every practical step to ensure the privacy of service members, retirees and the family members they serve. AAFES has made this commitment as a part of its mission to serve its customers throughout the world.

●MARCH from Page 1

oped. Since then, the March of Dimes Foundation has shifted its focus to birth defects — mental and physical problems that are present at birth.

The research that's done by the March of Dimes Foundation would not be possible if it weren't for the help of volunteers, Singleton said. "Tyndall members have always been more than willing to volunteer, but this year the support they're giving us is incredible," she said. "Master Sgt. Hansen is one of the most enthusiastic people we've had offer to help in a long time. When he told me how many people he had recruited to help out during the Walk America I couldn't believe it. Their help is coming at a time when we really need it — without the volunteers, our work wouldn't be possible."

Enthusiasm is just what the NCO Academy students hope to portray on Saturday, said Tech. Sgt. Ralph Walker, Tyndall NCO Academy student and mustang flight leader. "Everybody is really excited about this event," said Walker, who is with the West Virginia Air National Guard in Charleston, W.Va. "There are going to be a lot of people participating in the march, so we are planning on wearing our NCO Academy T-shirts, portraying a good Air Force image.

We have some very sharp people here at the academy; the local community is going to see the cream of the crop."

It's this type of positive attitude that the academy group hopes community members will take home with them and remember. "Anytime you show a professional Air Force attitude in the community, people are going to want to be like that," Walker said. "Everyone knows the Air Force is having a hard time with recruiting right now. We're hoping to use this as a recruiting tool in addition to helping our nation's children — putting the We Are All Recruiters program into action. I hope we're setting a precedent for other NCO Academy classes to follow."

In addition to the NCO Academy, Team Tyndall members from eight other squadrons will be participating in Saturday's March of Dimes event. Other squadrons participating are: members from the 325th Maintenance Squadron, 53rd Weapons Evaluation Group, 95th Fighter Squadron, 325th Training Squadron, 83rd Fighter Weapons Squadron, 702nd Computer Systems Squadron, 325th Medical Group and members from the Headquarters 1st Air Force Continental United States NORAD region. The walk will begin at 9 a.m. Saturday at McKenzie Park in Panama City.





Lisa Carroll

A medical merge

Lt. Col. Bryan J. Funke, 325th Aeromedical-Dental Squadron commander, right, receives the squadron guidon from Col. James H. Foster, 325th Medical Group commander. The 325th Aerospace Medicine Squadron and the 325th Dental Squadron held a merger ceremony April 21 to celebrate the inactivation of their squadrons and the activation of the 325th ADS.

●AWARD from Page 1

of 39 procedures run on three major pieces of equipment and validated 100 percent on all proficiency surveys. McElroy also meticulously addressed 423 checklist standards and updated 33 operating instructions; contributing to a discrepancy-free College of American Pathologist Inspection. This is a feat achieved by only 10 percent of Air Force labs.

“It’s an honor to have been selected,” McElroy said. “It took a lot of hard work, but without the support of my supervisor and co-workers, I couldn’t have done it.”

Ward, whose hometown is Cripple Creek, Colo., managed a large scale on-the-job training program for 11 technicians covering four specialties; upgrading eight technicians four months early and a 100 percent end-of-course rate.

In addition, he proactively restructured the engine element’s manning and procedures, which drove down repeat and recurring write-ups from 12 the previous quarter to zero. His maintenance management led the 95th FS to be named the wing’s best in-six-of-nine performance indicators in January. His contributions resulted in an 82.3 percent mission capable rate and more than 1,170 training sorties during the quarter.

“This feels great,” Ward said. “Thanks to everyone in the 95th FS specialist section and my family for

helping me win this award. It would have been impossible without their support.”

Wagner, originally from Destin, Fla., orchestrated the completion of a project that combined two departments, education and medical readiness this quarter. She expertly vaulted the two programs into positive operations. This resulted in the programs being lauded by Inspector General members as “best readiness program seen to date.” She also reviewed more than 13,000 pages of documents that identified 33 deficiencies and quickly brought both departments up to date. Wagner also planned a two-day continuing medical training event; enabling 86 staff members to receive realistic combat training.

Wagner said she felt honored to be selected as a quarterly award winner and said Dwight D. Eisenhower said it best, “accomplishment will prove to be a journey, not a destination.”

Klosterman, a native of Dayton, Ohio, has been with the Team Tyndall Honor Guard since June 1999. This quarter he averaged eight hours per work week with the team at functions ranging from funerals, weddings, posting the colors, change of command and retirement ceremonies. The 45-member team attended 37 functions this past quarter adding up to more than 1,300 man-hours.

“It’s an honor to be chosen to represent such an outstanding group of individuals,” Klosterman said.

Viewpoint

Gulf Defender Editorial Staff

Brig. Gen. Walter E. Buchanan III
325th FW commander

Capt. John Dorrian
325th FW public affairs officer

2nd Lt. Catie Devlin
chief, internal information

Tech. Sgt. Sean E. Cobb
NCOIC

Staff Sgt. Mona Ferrell
editor

Teresa Nooney
News Herald staffer

e-mail
editor@tyndall.af.mil

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Editorial content is edited, prepared and provided by the public affairs office at Tyndall. All photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'99	Trend
On duty	0	0	0
Off duty	2	1	+1
Traffic	0	0	0
Sports	0	1	-1
Fatalities	0	0	0
DUIs	3	5	-2



Commander's corner:

Tyndall welcomes Readiness Challenge players, visitors

Brig. Gen. Walter E. Buchanan III
325th Fighter Wing commander

Welcome to all who join us to set up or participate in this year's *Readiness Challenge* competition. We're proud of our role as the host base for a competition of the world's finest Civil Engineer, Services and Chaplain service teams. The skills you bring to the table are critical to our nation's and our allies' ability to respond globally to any type of contingency operation. I wish each and every one of you the best of luck in the competition!

Next, I'd like to congratulate our

Team Tyndall quarterly award winners:

- **Airman 1st Class Nichole Fleming**, 325th Maintenance Squadron, Airman of the Quarter
- **Staff Sgt. Tammy McElroy**, 325th Medical Support Squadron, NCO of the Quarter
- **Master Sgt. Ronald Ward**, 95th Fighter Squadron, Senior NCO of the Quarter
- **Capt. Margaret Wagner**, 325th Medical Group, Company Grade Officer of the Quarter
- **Senior Airman Ben**

Klosterman, 325th Comptroller Squadron, Honor Guard Member of the Quarter

We have a tremendous amount of talent at Tyndall, and to rise to the top of such tough competition is a testament to your dedication to the mission and our people. We appreciate all you do to serve the Air Force and our nation.

Congratulations are also in order for **Master Sgt. Launie Whelan**. Sergeant Whelan was recently

selected to receive the *Department of Defense* Federal Asian Pacific American Council Meritorious Service Award. His service in celebrating the diversity of our

Air Force is a great example to us all.

Finally, a word on the weather—for those of you who are new here (and even for those of you who aren't) we're reaching the time of year when we need to pay close attention to our water intake when we're working outside. I know it gets very hot when you're working outside, and I just want to remind everyone to look out for each other. Drink plenty of extra water, and take some time to cool down if you need it.

Be cool and have a great Air Force week!

We're proud of our role as the host base for a competition of the world's finest Civil Engineer, Services and Chaplain service teams.

Be responsible in, out of uniform

Think before you act; improper off-duty behavior can affect your career, life for many years

Senior Master Sgt. Tommy W. Kirk
95th Fighter Squadron first sergeant

Having fun in Florida's sun is a favorite pastime for a lot of people. However, summer fun for college students is different than summer fun for military members — we have a responsibility to protect our country's freedom.

Don't get me wrong; enjoy yourselves on the beach alongside the students, but keep in mind you've already made a commitment in life and have a responsibility to the Air Force.

Students who come to enjoy our beaches often don't have any commitments or responsibilities. If they get into trouble, it is only looked upon as "students will be students" and they just pay their civil fines.

However, if an active duty military member gets into trouble, they have to answer to society as well as to the Air Force. This could mean reduction in rank, forfeiture of pay

The penalty an Air Force member pays for acting inappropriately has huge ramifications ... think before you act; we're held to a higher standard than our civilian counterparts.

and possible separation from the Air Force — a little more severe than what happens to a student.

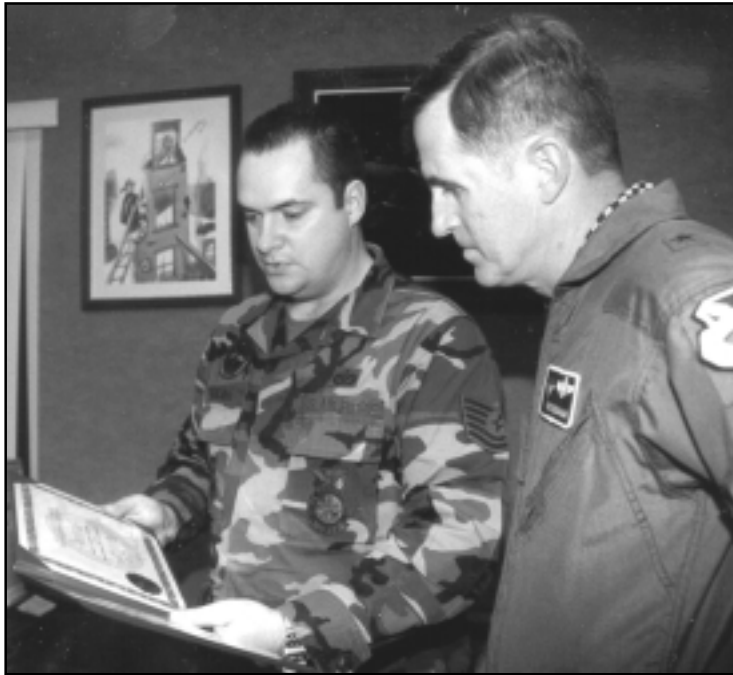
The penalty an Air Force member pays for acting inappropriately has huge ramifications that many people don't think about until after it's happened to them.

As military members, what we do for a "little fun in the sun" has the

possibility to impact our lives much greater than an ordinary civilian. I hope every Team Tyndall member enjoys their

summer — safely and intelligently. Remember to think before you act; we're held to a higher standard than our civilian counterparts.

Action Line



Master Sgt. Rob Fuller

Tech. Sgt. Ralph McNemar, 325th Civil Engineering Squadron fire protection NCOIC, discusses the fire protection certification program with **Brig. Gen. Buck Buchanan**, 325th Fighter Wing commander.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Brig. Gen. Walter E. Buchanan III
325th Fighter Wing commander

BELT OUT A TUNE



**Thursday is
karaoke night at
the Pelican Reef
Enlisted Club.
Show up and
sing or listen
from 8 -11 p.m.**

Adverse reactions to anthrax vaccine remain minimal

Side effects from mandatory shot occur less frequently than other routine vaccinations

Capt. James Bishop
Air Force Reserve Command public affairs

ROBINS AIR FORCE BASE, Ga. (AFPN) — Despite concerns and high-visibility refusals surrounding the anthrax vaccination, the number of those reporting reactions remains low.

As of March 29, nearly 1.6 million doses of anthrax vaccine had been given to 422,946 Department of Defense service members. Of those, only 674 people have submitted reports of adverse reactions to the U.S. Food and Drug Administration, according to the Air Force Surgeon General's office.

Those 674 cases have been reviewed by the Anthrax Vaccine Expert Committee, an independent panel of civilian medical experts created by the U.S. Department of Health and Human Services. As of March 29, 396 of the reports were "certainly or probably caused by anthrax vaccine," according to an AVEC report posted on the Office of the Secretary of Defense anthrax web site.

The most common reactions reported are temporary redness, swelling or a small lump at the injection site. These occur in up to 30 percent of men and 60 percent of women receiving the vaccine. Less frequently, people vaccinated reported experiencing "systemic" reactions such as flu-like symptoms (24 people), shortness of breath (three people), and allergic response (nine people including six who were hospitalized), according to AVEC figures.

Side effects from the anthrax vaccine occur less frequently than those caused by other routine vaccinations such as diphtheria, pertussis (whooping cough) and tetanus, according to a report from the Office of the Secretary of the Air Force.

Despite a U.S. House of Representatives panel, which recommended the DOD Anthrax Vaccine Immunization Program be suspended, DOD officials announced Feb. 17 that the program will continue because anthrax poses a real and present threat to American forces. With at least seven countries, including Iraq, actively producing anthrax for use as a biological weapon, anthrax is a known and real threat, said Col. Patricia Nell, Air Force Reserve Command chief of aerospace medicine and professional services, Robins AFB, Ga.

Lt. Gen. Paul Carlton Jr., Air Force surgeon general, agreed. "Any use of this biological weapon is certain to cause widespread illness and death among unprotected U.S. forces," he said. "We are fortunate to have a vaccine that is both safe and effective. It would be morally irresponsible for Air Force leaders and the entire Department of Defense not to protect our troops against this lethal threat," he said.

The lethality is profound. Called the "poor man's atomic bomb," anthrax spores can be produced in large quantities using a basic knowledge of biology and relatively unsophisticated equipment, Nell said. Inhaling one breath of anthrax bacterial spores will kill almost 100 percent of those unvaccinated, unprotected or untreated. Dispersion of 100 kilograms over a densely populated area would result in an estimated 130,000 to three million deaths, according to Nell's report: "Anthrax Protection Update."

The FDA licensed the anthrax vaccine in 1970. It has been safely administered to thousands of at-risk veterinarians, laboratory workers and livestock handlers since then, according to a report by the U.S. Surgeon General, "What Everyone Needs to Know About the Anthrax Vaccine."

The Army Medical Research Institute of Infectious Diseases conducted a study at Fort Detrick, Md., to determine the long-term side effects. The ongoing study, which began in 1973, tracked 1,500 laboratory workers for 10 to 20 years after receiving the anthrax vaccination. None of the workers developed unexplained symptoms due to repeated doses of this or other vaccines they received. From this and other monitoring, no patterns of delayed side effects to anthrax were found, according to the Of-

fice of the Surgeon General's report.

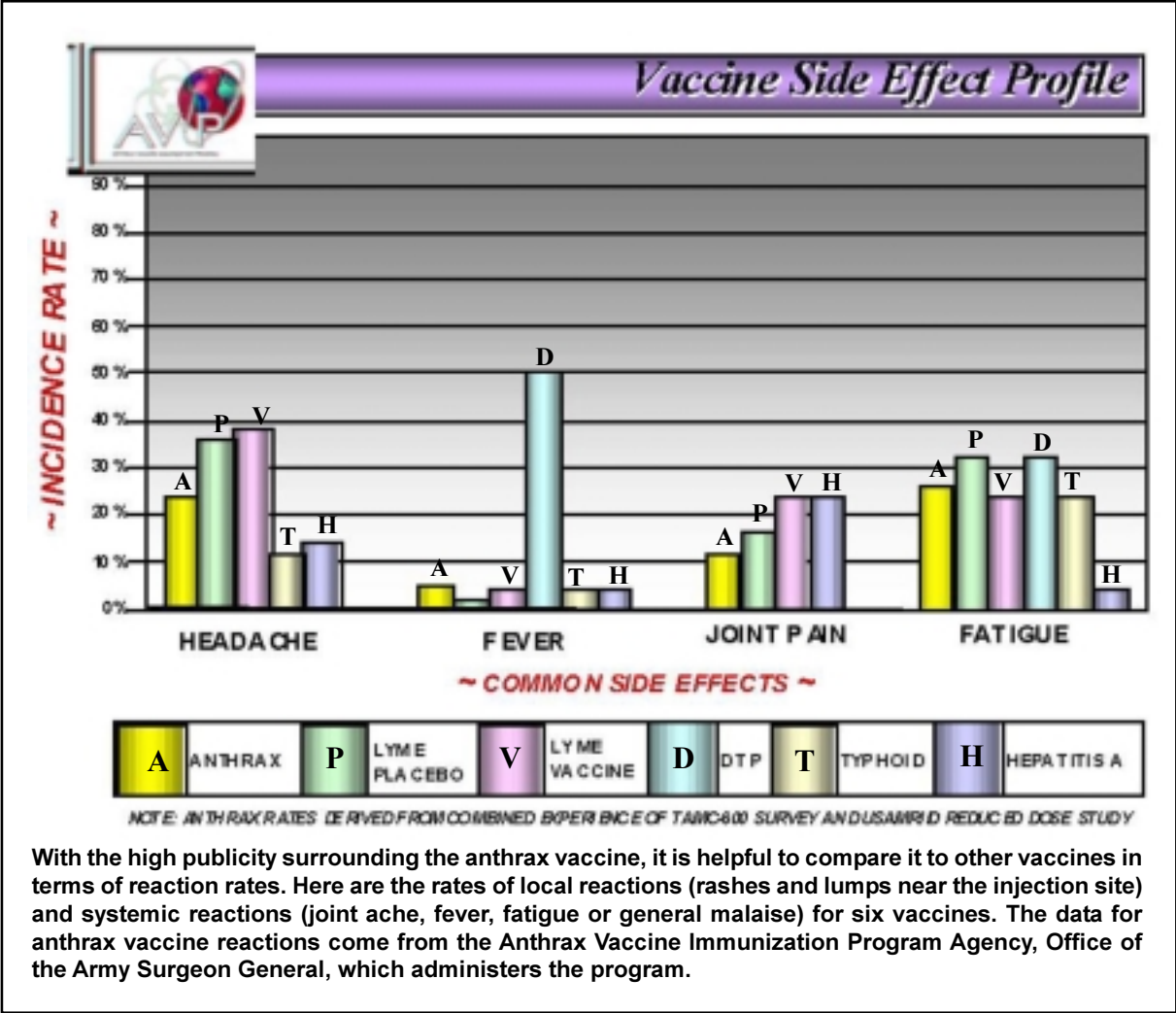
The military has a long history with compulsory vaccinations as a force protection measure. During the Revolutionary War, Gen. George Washington mandated treatment against smallpox. According to the Office of the Army Surgeon General, tetanus, typhoid and yellow fever vaccinations were required of soldiers in World War II with the following results:

- No cases of yellow fever.
- 12 cases of tetanus, despite 2.7

million hospital admissions for wounds and injuries.


•Five cases per 100,000 of typhoid, compared to 42 per 100,000 in World War I.

Air Force leaders continue to encourage military members to educate themselves about the vaccine and to verify the information comes from credible sources. Tyndall members who experience reactions are encouraged to report them to 325th Medical Group officials or directly to the FDA at (800) 822-7967.

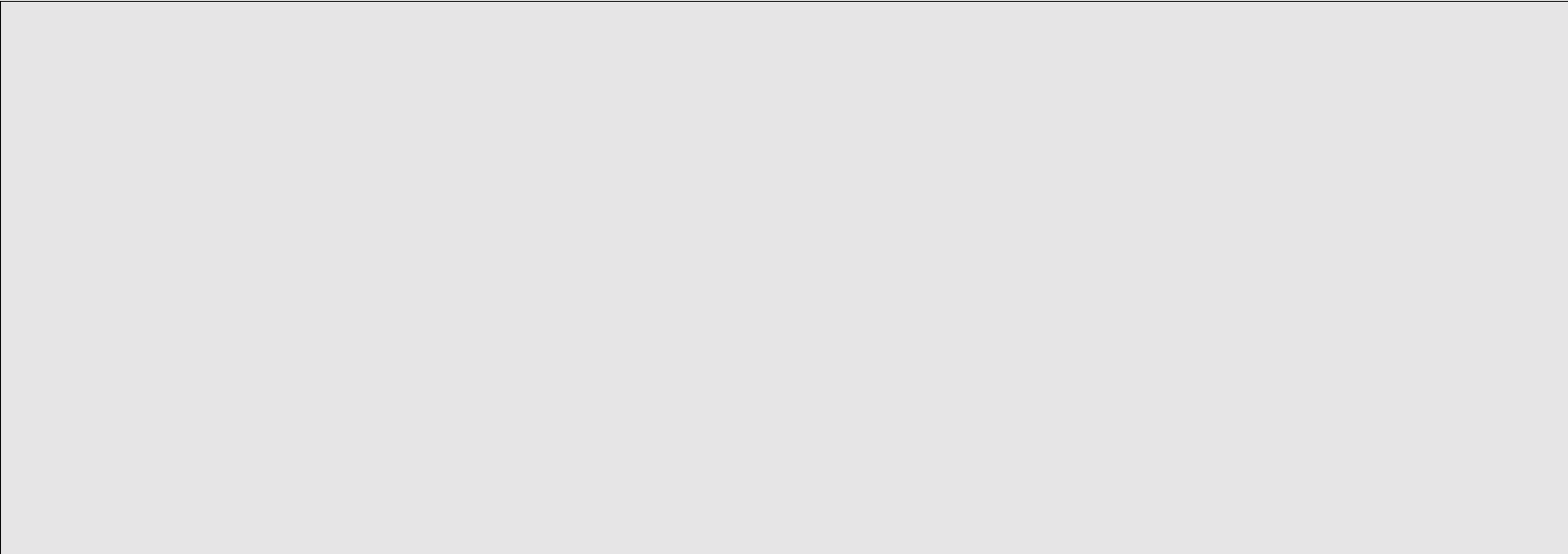


With the high publicity surrounding the anthrax vaccine, it is helpful to compare it to other vaccines in terms of reaction rates. Here are the rates of local reactions (rashes and lumps near the injection site) and systemic reactions (joint ache, fever, fatigue or general malaise) for six vaccines. The data for anthrax vaccine reactions come from the Anthrax Vaccine Immunization Program Agency, Office of the Army Surgeon General, which administers the program.





**Pizza
buffet**
All you can eat
Sports Page
Pizza Pub
10:30 a.m.-1 p.m.
Monday and Thursday



Education is the key to preventing child abuse

Karen Whitworth
*Family Advocacy
outreach manager*

As we continue our series of articles for Child Abuse Prevention Month, we look at the national theme of this year’s awareness campaign, “Keeping Children Safe at Home and in the Community.” As military members, we each have a role to play in ensuring the safety and well being of our children — within our own families and in the military community. Parenting in today’s military is difficult. Frequent deployments and work-related separations put stress on families that can result in child abuse and neglect. Reporting suspected abuse is one way to help protect young victims and stop the cycle of violence.

But, what is abuse? First, we must educate our children and ourselves about the different types of abuse and the “red flags” to look for if we suspect abuse or neglect. There are four types of abuse: physical, emotional, sexual and neglect.

Physical abuse is defined as a non-accidental injury inflicted on a child. These injuries can include bruises, burns, or broken bones and are often the result of a parent or caregiver losing control while disciplining a child.

Emotional abuse is a pattern of behavior that belittles, humiliates or criticizes a child and affects their self esteem. Another example would be withdrawing love and attention or giving only conditional love and approval to the child. Ver-

bally intimidating or bullying a child repeatedly could also be considered emotional abuse.

Sexual abuse is defined as the sexual exploitation of a child by a parent or caregiver and may include voyeurism, fondling, rape or exposure to pornographic material.

Child neglect is the failure to provide the basic necessities of food, shelter, clothing or medical and dental care. Neglect also includes leaving children alone at an inappropriate age or lack of supervision.

Another important thing we can do to prevent abuse is to eliminate the opportunity for it to occur. We can try to do this by knowing who our children are with and where they are. Providing this supervision lets our children know we care and that we have their safety in mind. Help children think about what they would do in different scenarios where abuse might occur. For example ask them, “what would you do if a stranger asked you to help them look for their dog?”

If you suspect your child has been abused, watch their behavior and communicate with them. Each child responds differently to abuse. Some may try to hide it and act as if nothing happened; others may become withdrawn and depressed. If you suspect abuse, ask your child about it and listen to their answers carefully.

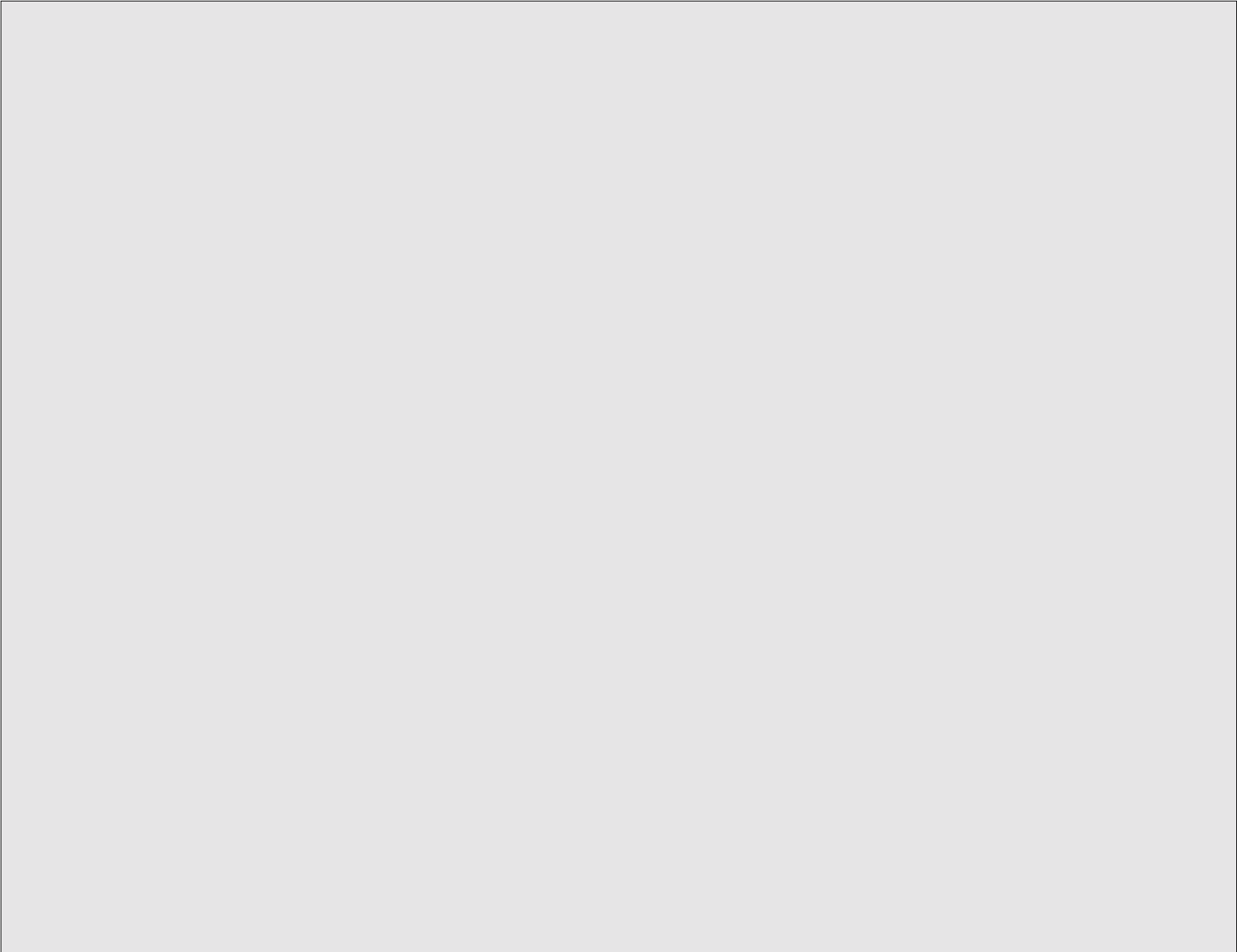
For more information about preventing abuse, call family advocacy, 283-7272. If you suspect a child has been abused, you may call anonymously to the Florida Child Abuse hotline, (800)962-2873 or to family advocacy.



Tech. Sgt. Sean E. Cobb

Planting for the future

Kristin E. Johnson, daughter of Staff Sgt. David A. Johnson, 325th Medical Group gastro-intestinal laboratory NCOIC, plants shade flowers in the Tyndall Elementary School conservation gardens April 21 as part of the school’s Earth Day activities. Students at the school participated in a variety of events to observe the day.



Airmen of Note



Bring your family and a blanket and have a great time listening to “Airmen of Note”, members of the Air Force band perform.

When: 4:30 p.m. April 29

Where: Heritage Park

Open to all Team Tyndall members and their guests.

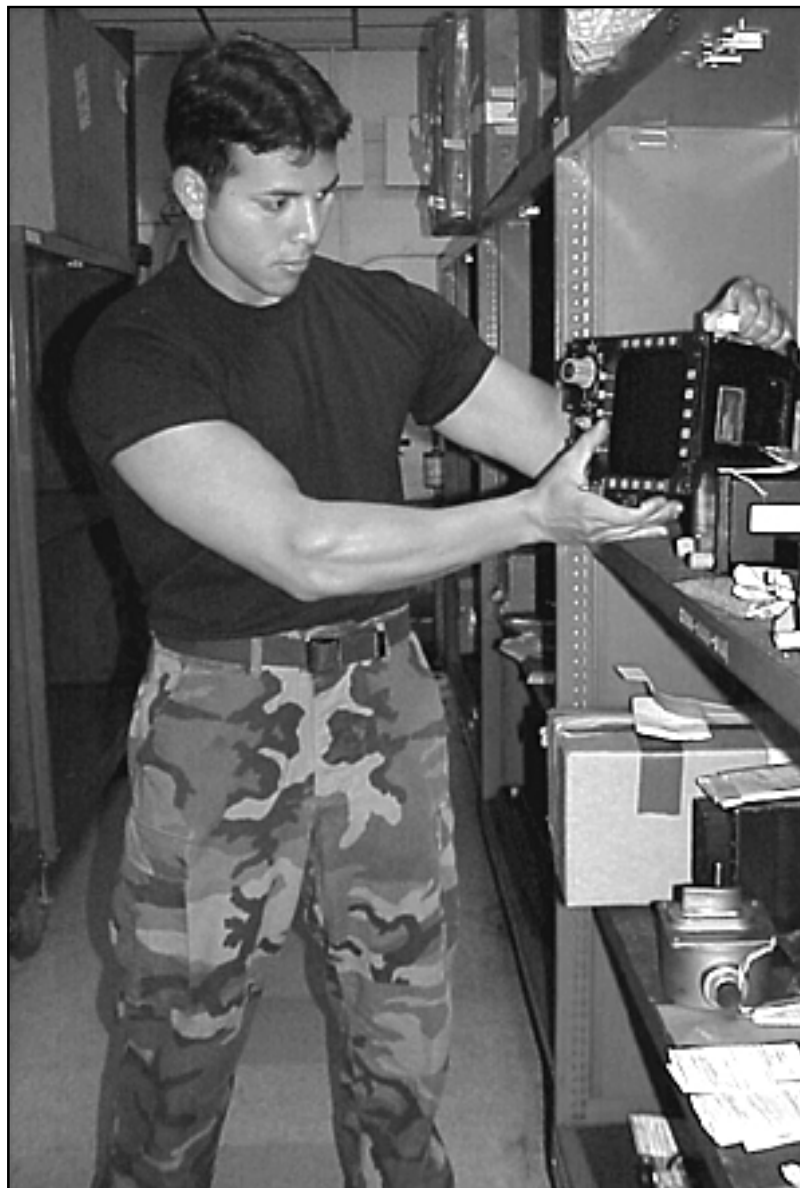
Help Us Conserve



Features

In the fighter aircraft business it doesn't take long to figure out ...

'Without supply, jets don't fly'



Tech. Sgt. Sean E. Cobb
325th Fighter Wing
public affairs

Imagine you are getting ready to go on a long road trip and your fan belt breaks. At the nearest auto parts store, the clerk behind the counter doesn't know anything about cars or parts. When he finally figures out the right place to look, they don't have the part you need and he doesn't know how to order one. Road trip cancelled.

This situation could happen to the fighter squadron maintenance community without their squadron supply sections.

Responsible for all aircraft parts ordering, shop-use materials and hazardous materials such as sealants, lubricants and batteries, the people who comprise Team Tyndall's fighter squadron supply sections keep the parts flowing to maintain the aircraft on Tyndall's flightline. "We are the supply liaison between base supply and the fighter squadrons," said Master Sgt. Chris Rose, 95th Fighter Squadron supply section NCOIC. "We coordinate on a daily basis with Trend Western for the acquisition of parts and status updates on parts ordered. Basically, we are an extension of base supply — supply people assigned to the fighter squadrons."

They also do quite a few other important things besides ordering parts. "We have to maintain bench-stock availability as well as

coordinate on mission-capable requirements for high-priority assets," said Staff Sgt. Joey F. Nicosia, 2nd Fighter Squadron supply section assistant NCOIC. "Bench stock is basically the bolts, screws, gaskets and every-day-use parts that are needed to maintain the aircraft. We do inventories of our parts several times a day; keeping track of millions of dollars' worth of parts. In addition, we also assist in issuing tools and equipment to the aircraft maintenance crews when needed."

The supply sections are also responsible for turning in broken parts to back-shop maintenance members for repair and bad parts for disposition.

The supply sections complete their tasks up to 24 hours a day, seven days a week, Nicosia said. "Even though the jets don't fly on weekends, supply is here to support the maintenance crews as they complete their on-going aircraft maintenance work," he said.

Keeping parts available to keep the aircraft flying isn't always easy, according to Senior Airman Paul E. Howells, 2nd FS supply specialist. "One of the most challenging aspects of our job is getting parts from all over the world and getting them to the aircraft when they need them. These planes need to fly, and it's our responsibility to make sure they have the parts and equipment to do just that," he said.

There are others who agree this can be a challenging job. "We run

into problems acquiring parts all the time," said Master Sgt. Anthony J. Valles, 1st Fighter Squadron sortie support section chief. "So we get real good at cross-talking with other F-15 bases and other sources that can get the parts to us. This is how we continue to provide materials for maintaining the aircraft and keep the mission going."

Even though the job can be challenging, they do it well, said Master Sgt. Mike C. Gervais, 2nd FS production superintendent. "Not only does the supply section do what we require of them, but they often go beyond to satisfy a supply need," he said.

All the hard work and challenges doesn't mean the job isn't rewarding though, he said. "I love my job, we do an important job for the mission at Tyndall and we get to see the end result of that job every time a jet flies over."

Keeping those jets flying is important to the people of the fighter squadron supply sections. "These guys work very hard on a daily basis," Rose said. "We have a direct impact on the flying mission. The expedition of parts from base supply to the maintenance community is vital. When the maintenance crews need a part, they usually need it yesterday — the fighter squadron supply sections are the guys that get it for them. It's like the old saying goes, 'without supply, jets don't fly.'"

Photos by Tech. Sgt. Sean E. Cobb
Senior Airman Jesse K. Hanna, 1st Fighter Squadron supply section inventory management specialist, puts a multi-purpose color display in a tail number bin for later use.



Airman 1st Class James A. Llacuna, 95th Fighter Squadron supply apprentice, checks the inventory label on the muzzle blast diffuser for the 20 mm cannon of an F-15.



Senior Airman Paul E. Howells, 2nd Fighter Squadron supply section supply specialist, completes an inventory of aircraft bulbs during his daily duties.

Flying to follow a dream

Opportunities abound in AF during, after active-duty

Tech. Sgt. Sean E. Cobb

*325th Fighter Wing
public affairs*

Win Wuttke is a living example there is life after the Air Force, and that a career in the Air Force can positively influence that life.

Born in Oak Park, Ill., a suburb of Chicago, on Nov. 26, 1946, Wuttke grew up wanting to fly the planes he saw overhead. "I always wanted to fly," he said. "I used to dream about flying fighter jets in the Air Force when I was a kid."

Following that dream, Wuttke entered the aeronautical and astronautical engineering program at the University of Illinois at Champaign-Urbana, Ill. in September 1964. "Even though it was not part of the program, I wanted to fly so much I went ahead and got my pilot's license in my last year there," he said. Wuttke graduated with his bachelor of science degree in aeronautical and astronautical engineering in June 1969.

While he was in school the United States was drafting for the Vietnam War. "When I got my draft notice, I decided to go into the Air Force so I could fly, instead of being drafted into the Army. Plus the Air Force was going to let me finish my degree and then go into flight school, so that would work out better for the Air Force and me," Wuttke said.

He joined the Air Force on July 3, 1969 at 22 years of age and went straight to officer training school at Lackland AFB, Texas. Graduating as a second lieutenant, he was then sent to Selma, Ala. for flight school.

"While I was in flight school I was lucky enough to become an F-4 pilot for my first assignment," Wuttke said. "Back then that was America's newest jet fighter and it was challenging to get because it all depended on your ranking in the class." In October 1970 he earned his wings.

The Vietnam war was still raging, and Wuttke and his classmates in F-4 training were certain they were all en route to Southeast Asia upon graduation. "I was pipelined for Southeast Asia, but for some reason I was sent to Hahn, Germany." Almost all the graduates of his class did go to Southeast Asia, only a few got orders to other locations.

"Vietnam was an interesting era," he said. "I was being trained to be a fighter pilot and that's what I wanted to do. It was also a touching time. I lost some good friends over there, one of them was my back-seater from F-4 training, 1st Lt. Dennis Creesey. Several of my friends also became POW's and that was tough to deal with at times."

After Vietnam, the Air Force was in transition and needed some good pilots to train up-coming pilots for the Air Force's increasing role in the Cold War. "When the war was over, I was assigned as an instructor pilot at MacDill AFB with the 56th Fighter Wing. There I trained F-4 pilots for combat," Wuttke said. "This was a very satisfying job. We had learned many valuable lessons from Vietnam, and we applied them in our training programs."

Another highlight in Wuttke's career was at Eglin AFB where he worked for the Development, Test and Evaluation section of the 3246th Test Wing improving the United States' smart weapons. "While at Eglin I worked on the development of the AIM-7M missile," he said. "The AIM-7E was used during Vietnam, and the needs of that war had defined some things and so we were improving its capabilities. This was very interesting work, and gave an old fighter pilot some advanced insight into the tools of the trade."

Wuttke then went back to flying F-4s at Seymour-Johnson AFB, N.C., from 1983 to 1988, and at the time of his retirement in June, 1993, the lieutenant colonel was the Southeast Air Defense Sector assistant deputy commander for operations here. "During my time at SEADS the Air Force was first being tasked with surveillance and interdiction of the drug traffic to the United States," he said. "This was a new mission for the Air Force, and we had to develop new tactics and communications for working with the United States Customs Service, Coast Guard and various law enforcement agencies. We participated in several sizeable drug seizures, and I was proud of the Sector's work to support the counter-drug effort."

Retiring after 24 years, Wuttke moved to Kansas City, Mo. for a time to work with an aviation publication, but the call of the skies had other plans for him. "After being up there for a

couple years we moved back to the Tyndall area because we had more friends here. Plus I was also thinking about getting back into flying."

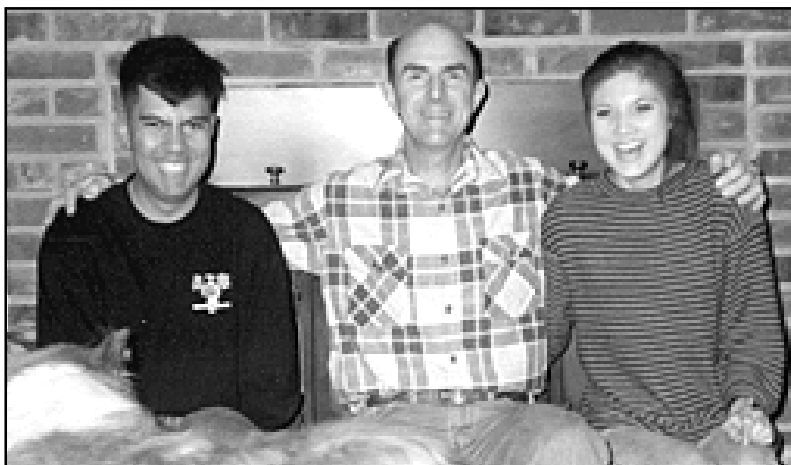
Wuttke started working on his flight instructor rating, and in 1999 he began instructing at the Tyndall Aero Club. "I really enjoy working at the aero club, it's fun," he said. "The biggest thrill is seeing the students who are motivated and want to learn. Sometimes they have a hard time, but you work with them and all of the sudden you can see the lights go on, that's exciting."

"It's also very rewarding to be a part of a student's first solo. It's a mutual feeling of success: they are succeeding at their goals, and I helped them along that trail to success."

Instructing and flying at the aero club is not all Wuttke does in his 'retirement.' He also works for Air 1st Aviation Companies, Inc. here flying MU-2's in support of the weapons control training at the 325th Training Squadron. The MU-2 is a twin-engine turbo propeller-driven Mitsubishi aircraft. "Basically we simulate fighter aircraft and target scenarios for student training. It's beautiful up there, and I am still doing what I've always dreamed of — flying."

"I will tell you what has helped me fulfill my dreams all my life," Wuttke said. "I enjoy doing things right. Doing my best at all times was instilled in me during my time in the Air Force. The Air Force taught me about work ethics early in my career as a lieutenant, and it stuck. I believe my faith in God and my experiences in the military are the two main things that have helped me out in life."

"The Air Force has provided me with many opportunities and has given me an interesting aviation career — for that I am thankful," he said. "This is a beautiful place to fly. We have the beaches to fly over, and seeing the Apalachicola River winding around down there is just awesome. I just can't imagine a better job than I have at Tyndall."



Courtesy photo

Win Wuttke, middle, relaxes with his son Dan Wuttke and daughter Tiffany Wuttke. Dan is currently studying at Auburn University, Ala., and Tiffany is a senior at Mosley High School, Lynn Haven. The family dog is in the foreground.



Courtesy photo

Capt. Win Wuttke prepares for flight in an F-4 Phantom at MacDill AFB in 1977.



Tech. Sgt. Sean E. Cobb

Win Wuttke with one of the Cessna 172's he uses for instruction at the Tyndall Aero Club.

AETC looking for a few good instructors

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — Do you have the desire to pass your professional, military and technical skills on to future Air Force airmen? If so, you should consider a tour as a technical instructor in Air Education and Training Command.

The Air Force has a continual need for sharp, highly motivated and dedicated senior airmen through master sergeants to accept the challenge of developing tomorrow's technical experts.

"I really like it," said Tech. Sgt. Jeffrey Jones, 343rd Training Squadron security forces apprentice course instructor, Lackland Air Force Base, Texas. "Being an instructor helps me to see the whole 'big picture' concept, while giving me a chance to make a real difference in the Air Force and its people."

Individuals selected for AETC technical instructor duty attend a four-week Basic Instructor Course, where they receive instruction in public speaking, instructional methods and media, instructional systems development, lesson planning and other

related topics. After the instructor course, members are assigned to four-year stabilized tours at various AETC technical training centers located throughout the command.

Instructors are also eligible for 100 percent tuition assistance while pursuing their associate degree from the Community College of the Air Force.

Additionally, promotion statistics for the past several years show that instructors have competed well for promotion to staff, technical and master sergeant. In fact, promotion rates for instructors have generally been above the Air Force average for these grades, according to personnel officials.

Still not convinced? Consider the personal reward in knowing you are passing your professional, military and technical knowledge on to the airmen and NCOs of the

future. "This is a very rewarding career field and way of life," said Tech. Sgt. Marcus E. Brown, 343rd TRS military training leader, Lackland AFB. "When airmen come to us from Basic Military Training, we become their 'home away from home' — we help introduce them to the real Air Force."

"This is a very rewarding career field and way of life. When airmen come to us from Basic Military Training, we become their 'home away from home' ..."

Tech. Sgt. Marcus E. Brown

become their 'home away from home' — we help introduce them to the real Air Force."

"I'd definitely recommend putting in for a tour like this," added Jones. "It

allows you to pass on some of your experiences and lessons learned, while knowing you're shaping the people running the operational Air Force. After all, our goal as instructors is to make these students into the best troops they can be."

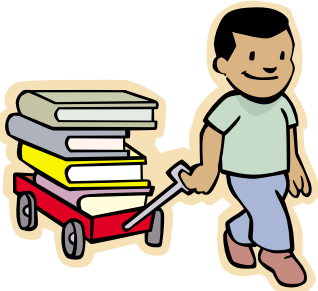
For more information, call Tyndall's military personnel flight customer service, 283-2276.



Staff Sgt. Mona Ferrell

Hidden surprise

Glory Pearlman, daughter of Staff Sgts. Kevin and Holly Pearlman, 325th Contracting Squadron specialists, opens a plastic egg after the Big Bunny Easter Egg Hunt Saturday at the Tyndall Youth Center. The youth center hid 10,234 eggs for more than 600 children.



**Take time
with your
kids**

**Read to them
learn together**

A wealth of knowledge can be found inside the cover of a book. Take time to read, listen and learn with your children now — they'll thank you for it in the future.

Mandatory Visa card use begins Monday

WASHINGTON (AFP) — By law, all Air Force members traveling on government business must use their government Visa travel card beginning Monday.

However, not having received a card yet won't keep people from official travel and also won't interfere with reimbursements for official travel, according to Michael Weber, Air Force Travel Card Program manager.

"There's a rumor going around that if you don't use the card you won't be reimbursed," Weber said. "That is not true — we will pay people regardless of whether they use the card." However, not using the card can subject travelers to disciplinary action from their commanders, according to Air Force policy guidance.

The Travel and Transportation Reform Act of 1998 requires all government travelers to use the card. For the Air Force, this means all active duty, civilian employees and members of the Air National Guard and Air Force Reserve in federal service should be prepared to use their government travel card.

While travelers can still make automatic teller machine withdrawals and aren't expected to put every

minor expense on the card, Weber said officials are requiring it be used for what they call the big three: lodging, car rentals and airline travel.

It will be up to individual major commands whether to use either a centrally or individually-billed account for airline tickets, Weber said. MAJCOMs using a centrally billed account will pick up the tab for airline tickets when the reservations are made and the traveler will never be directly billed. Those MAJCOMS electing to use an individually-billed account will continue to have travelers bill tickets to their individual card.

Convenience for the customer is key to the government travel card program, Weber said. Worldwide acceptance of the card is one of these conveniences, "We're even starting to see the card accepted in fast food restaurants," he said. "And I expect once they start using it, people will find the card is convenient — why take time to find an ATM to get cash when the plastic works."

Tyndall members who do not have the government travel card should contact their squadron program coordinator or the comptroller office for an application.

325th SFS investigators Piecing together a puzzle; ensuring Tyndall is a safe place to live, work

Tech. Sgt. Ruben Delgado
325th Security Forces Squadron investigations NCOIC

It is 8:30 p.m. and the security forces investigator has decided to devote his evening to dinner and a movie with his wife. Just as the couple sits down in the theater, the investigator's on-call pager vibrates — he's received another call from the law enforcement desk.

He goes to the nearest pay phone to call the desk, hoping it is just a routine notification of a minor crime. Unfortunately, the investigator is briefed that a family returning from a vacation has found their home in total disarray and some of their most valuable possessions are missing. The investigator responds to the victim's home to analyze the crime scene. After receiving a briefing from the victims and the patrolman who responded, the investigator turns his full attention to the work at hand.

He immediately notices several newspapers in the driveway and mail overflowing in the mailbox on the front porch — perfect invitations to a burglar. The sense of security felt from living on base has allowed the family to let down their guard.

A check of all windows and doors reveals the obvious point of entry by the perpetrator. It is a rear bedroom window, the screen is lying on the ground, bent and pried. There are footprints in the muddy ground. The perpetrator has left a clear imprint of a men's basketball shoe size 11.

Careful not to disturb anything, the investigator then takes a close look at the interior of the house for more clues and evidence the perpetrator may have left behind. A small clump of mud is on the floor near the backdoor — found

unlocked. He's located the exit point. The door was much easier for the subject to go out of than climbing back through the window they entered through.

Investigators assigned to the 325th Security Forces Squadron are available to solve misdemeanor crimes for Tyndall. Many cases worked are like a puzzle, and it is up to the investigator to find the one "piece of the puzzle" that could identify a suspect.

The magic clue in this case could be the footprint, a fingerprint or maybe even something simple like a neighbor who was able to give a description of a suspicious vehicle in the area the day before. Evidence taken from the crime scene analysis, such as a fingerprint, is sent off to a crime laboratory to be examined and possibly matched against the Federal Bureau of Investigation fingerprint database.

While awaiting evidence analysis results from the crime lab, the investigator will look for other leads. This will include conducting follow-up witness interviews, checking with other police

departments for similar crime situations and talking with trusted sources who may have heard about the burglary from friends.

The 325th SFS investigation section here consists of three people; Staff Sgt. Robert Wheatley, Senior Airman Richard Crim and myself. Last year we investigated 66 criminal cases and maintained an 80 percent solve rate while collecting more than 513 pieces of evidence during crime-scene examinations.

We are not only here to help solve crimes, such as the above burglary, but also to provide commanders with factual information regarding any criminal activities their squadron members are involved in. Our job is a fact-finding mission — we collect information and present it in an objective and unbiased fashion.

If you have any information regarding criminal activity on Tyndall, call the 325th SFS investigations section, 283-2523. Anonymous calls are accepted. We need everyone's help in keeping Tyndall a safe place to live and work.

Tyndall's chapel schedule

Protestant	Mass: 5 p.m. Saturday, Chapel 2
Communion Service 9:30 a.m. Chapel 1	Mass: 9:30 a.m. Sunday, Chapel 2
General Protestant Service 11:00 a.m. Chapel 2	Religious education: 10:40 a.m. Sunday, Chapel 2
Sunday school 9:30 a.m. Chapel 2	E-mail: 325fwhc@tyndall.af.mil
Kids' Club 2:45-5:45 p.m. Wednesday	Chapel 1: 283-2691
Catholic	Chapel 2: 283-2925
Daily Mass: noon Monday through Friday, Chapel 2;	Spiritual Maintenance: 283-2367
Reconciliation: 4 p.m. Saturday	Other faith groups: Call 283-2925

Your link
to what's going on

Gulf Guide

in the
Tyndall community

APRIL

FRI 28 **Finance closed**
The 325th Comptroller Squadron is closed 2 p.m. today for an official function.

SAT 29 **Mexico Beach Ling Tournament**
The 30th Annual Mexico Beach Ling Tournament and festival will be Saturday. Anglers can sign up at the Hide-A-Way Harbor Marina, Marquardt's Marina or the Mexico Beach Visitor Information Center until the Captain's Meeting today at the Hide-A-Way Harbor Marina. The fee is \$100 per boat. Following the tournament, an awards ceremony and beach party will be held at Mexico Beach's Sunset Park. For more information, call (888) 723-2546.

Hurricane-awareness briefing
A hurricane-awareness briefing for spouses of deployed or remote service members will be 5:30-6:30 p.m. Saturday in the family support center classroom. For more information, call the family support center, 283-4204.

MAY

MON 1 **NCOA instructors needed**
Tyndall's NCO Academy is in need of technical sergeants to fill four new instructor openings. Packages are due no later than Monday for a report-no-later-than date of Oct. 1. Anyone interested can view the EQUAL Plus listing under the technical sergeant 8T000 special duty identifier or call Chief Master Sgt. Karen Saline or Senior Master Sgt. Timothy Glines, 283-3238.

TUE 2 **Sponsor training**
The family support center offers sponsor training at 8 a.m. on the first and third Tuesday of each month. For more information, call the family support center, 283-4204.

WED 3 **TAA Association meeting**
The next Tyndall Active Airmen Association's meeting will be 11 a.m. Wednesday in the community activities center.

'Big Guns' softball tournament
The 325th Medical Group's 'Big Guns' softball tournament will be May 5-6. The entry deadline is Wednesday. The tournament is open to all squadrons, and the entry fee is \$100. For more information or to register, call Staff Sgt. Mark Thomas, 283-7591.

FRI 5 **Red Cross blood drive**
A Red Cross blood drive will be 9 a.m.-3 p.m. May 5 at the community activities center and 11 a.m.-5 p.m. at the 53rd Weapons Evaluation Group. For more information, call 2nd Lt.

Roy Blanco, 283-4216 or 2nd Lt. Dana Hosier, 283-4512.

WED 10 **NCO Association meeting**
A Noncommissioned Officers' Association meeting will be 11:30 a.m. May 10 in the NCO Academy auditorium. Chief Master Sgt. Karl Meyers will be speaking on information received at the Air Force-wide Chief's Conference. For more information, call Staff Sgt. Robert Barnett, 283-8734.

FRI 12 **Women's self-esteem seminar**
A seminar for adult women, 'Self Esteem in Women's Lives' will be 11 a.m.-12:30 p.m. May 12 in the health and wellness center conference room. For more information, or to make a reservation, call the family advocacy center, 283-7272.

SAT 13 **TBHC annual awards banquet**
The Tyndall Black Heritage Committee's Annual Awards Banquet will be 6-8 p.m. May 13 in the Pelican Reef Enlisted Club Classics Lounge. For more information, call Master Sgt. Dennis Moore, 283-4764.

MON 15 **Asthma awareness seminar**
A health care providers' seminar, 'Incidence, Diagnosing and Latest Concepts in Asthma Therapy,' sponsored by Early Childhood Services will be 6:30 p.m. May 15 at the Lynn Haven Country Club. For more information, call Elaine Vereen, 872-7550.

TUE 16 **AFA luncheon**
A joint quarterly luncheon of the Air Force Association's Loren D. Evenson Chapter and the Air Force Sergeants' Association's Paul Airey Chapter will be 11:30 a.m. May 18 at the Tyndall Officers' Club. Maj. Gen. Larry Arnold, 1st Air Force commander, will be the guest speaker. The cost of the luncheon is \$8. Anyone interested in attending can reply by noon May 16 to Maj. Yalda Clegg, 283-5440 or 871-9070.

NOTES

New veterans' office location
The Bay County Veterans' Services' office is now located at 647 Jenks Ave. This is at the corner of 7th St. and Jenks Ave. For more information, call Jim Hixon, 784-4044.

Library volunteer openings
Volunteer job openings are available at the Tyndall Library. Duties may include everything from storytelling to checking out materials. For more information, call Ken Horton at the family support center, 283-4204.

Identification card renewal
The 325th Mission Support Squadron's customer service advises anyone needing a new ID card to stop by their office 30 days before their card expires. For more information, call customer service, 283-2276.

RETIREE NEWS

An individual with access to a computer may find TRICARE questions, issues, or concerns easier to resolve as a result of a new e-mail system. The e-mail address is: TRICARE_help@amedd.army.mil. At the e-mail address, experts are on staff to answer questions and to advise on TRICARE matters. The new e-mail service is called TRICARE Help E-mail Service, or THEMES.

They handle everything from basic TRICARE information to individual TRICARE issues, including claims. Issues beyond their control, such as political or policy changes, are routed to the appropriate agency. Although the answers come from the Army, all TRICARE beneficiaries can use the service.

The staff tracks every e-mail received to ensure all correspondence is answered promptly and accurately. Initial response will be received from the administrative staff within one business day. This initial response will let you know which TRICARE expert has been assigned to help answer your question and give you an idea of when to expect an answer. In addition, you will find information on the TRICARE web site at: www.TRICARE.osd.mil.

YARD SALES

The following yard sales are scheduled for Saturday: 2943-A Bomarc St, 2990-B Starfighter Ave. and 2914-B Beacon Rd. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: "My Dog Skip" (PG, some violent content and mild language, 95 min.)
Saturday: "Final Destination" (R, violence, terror and adult language, 93 min.)
Sunday: "The Next Best Thing" (PG-13, mature thematic elements, sexual content, partial nudity and language, 107 min.)
Thursday: "The Next Best Thing" (PG-13, mature thematic elements, sexual content, partial nudity and language, 107 min.)

BERG LILES DINING FACILITY

Today
Lunch: meatloaf, pasta primavera
Dinner: stir-fry beef with broccoli, pork chops with mushroom gravy

Saturday
Lunch: baked ham, country-style steak
Dinner: sauerbraten, spinach lasagna

Sunday
Lunch: chicken a la king, onion-lemon baked fish
Dinner: savory-baked chicken, salisbury steak

Monday
Lunch: tamale pie, baked stuffed pork chops
Dinner: lasagna, roast veal

Tuesday
Lunch: southern-fried catfish, Caribbean jerk chicken
Dinner: Yankee pot roast, country captain chicken

Wednesday
Lunch: creole chicken, barbecued pork chops
Dinner: Swedish meatballs, lemon-basted sole

Thursday
Lunch: chicken Parmesan, roasted turkey
Dinner: roasted pork loin, Hungarian goulash

Menus are subject to change.

Commentary: In for 20? You bet!

Senior Airman Michael B. Halbrook
690th Combat Support Squadron

KELLY AIR FORCE BASE, Texas (AFPN) — I recently spoke at a Kelly AFB, Texas “Right Decision” seminar. This is a program that reminds first- and second-term airmen who are close to re-enlisting about the benefits they will lose if they decide to leave the service. It is also a forum for senior leaders to let airmen know how important they are and that they care about their future.

As I watched people come through the door, I remembered the feelings I had when I first considered leaving the Air Force. Everyone asked, “Are you sure this is what you want?” and “Think of your benefits.” Like many of the airmen in this seminar, I didn’t want to hear it — I was getting out. I seperated from the Air Force in May 1999.

Many asked me why, but I really didn’t have a definite answer. I guess I thought the grass was greener on the other side. I came up with a million excuses back then, but today I see that none of them were really valid. I learned some very hard and valuable lessons last summer. I also found out the job I had in the Air Force wasn’t as bad as I thought.

I started looking for a civilian job eight months before my separation date, but nothing ever panned out. I used every possible means I had, including every online resume web site on the Internet. So with no job, my wife Stacey and I moved back

home to Florida and settled in with my parents. It wasn’t a bad experience, but going back to live with your parents is something you really don’t want to do.

My wife is a travel agent and found a job right away, but it paid only half of what she made during my last Air Force assignment in Colorado. Meanwhile, I continued hitting the pavement in search of the right job. I finally had to take what I could get, and accepted a sales position at a local radio station. Not a bad job, but if you don’t sell, you don’t get paid.

In July, my uncle suggested I go to Georgia to look for a job, so Stacey and I loaded up our car again. Like before, Stacey found something right away that paid excellent money, so we were able to get an apartment. I, on the other hand, just about lived at the local labor department — I think they knew me by my first name. In desperation, I started dropping off resumes at local department stores along with any leads I got from the labor office.

When the phone finally rang, it was not the job I had hoped for, but we needed the money, so I went for an interview and was hired on the spot. And that’s how, after four years in the Air Force installing high-tech, complex computer systems for the North American Aerospace Defense Command at Cheyenne Mountain Air Station, Colo., I ended up stocking shelves at a department store. I’m not putting this job down, but I thought I could have found something better. I worked like a dog for four months

unloading boxes, helping with inventory, working late nights and extra hours just to make ends meet.

The real turning point came when Stacey and I had about \$34 left to last us two weeks. If not for our families, I don’t know what we would have done. I knew then that getting out of the Air Force had been a terrible decision. I hadn’t looked at the big picture or how this decision would affect my wife.

The next day I called my local recruiter, and that is why I’m telling my story today.

I have three points of advice for anyone thinking of getting out without having have a job lined up. First, start saving now. Don’t end up like me with nothing to fall back on. Second, think of your family. Right now they have insurance, and so do you. It gets real expensive on the outside and most of the time, it takes awhile before the benefits kick in. Third, and most importantly, get all the education you can and get your degree — it’s the most valuable piece of paper you will ever receive.

I didn’t come back into the Air Force just for the money, but having a job with security is an awesome feeling. I also missed wearing the Air Force uniform and all the perks that come with it.

This is not a feel-sorry-for-me story. I just want to let others know things are a little different on the outside, and to keep what happened to me and my family from happening to them.

Many people have asked if I am in for good this time. I just smile back and say, “For the full twenty!”

Spotlight

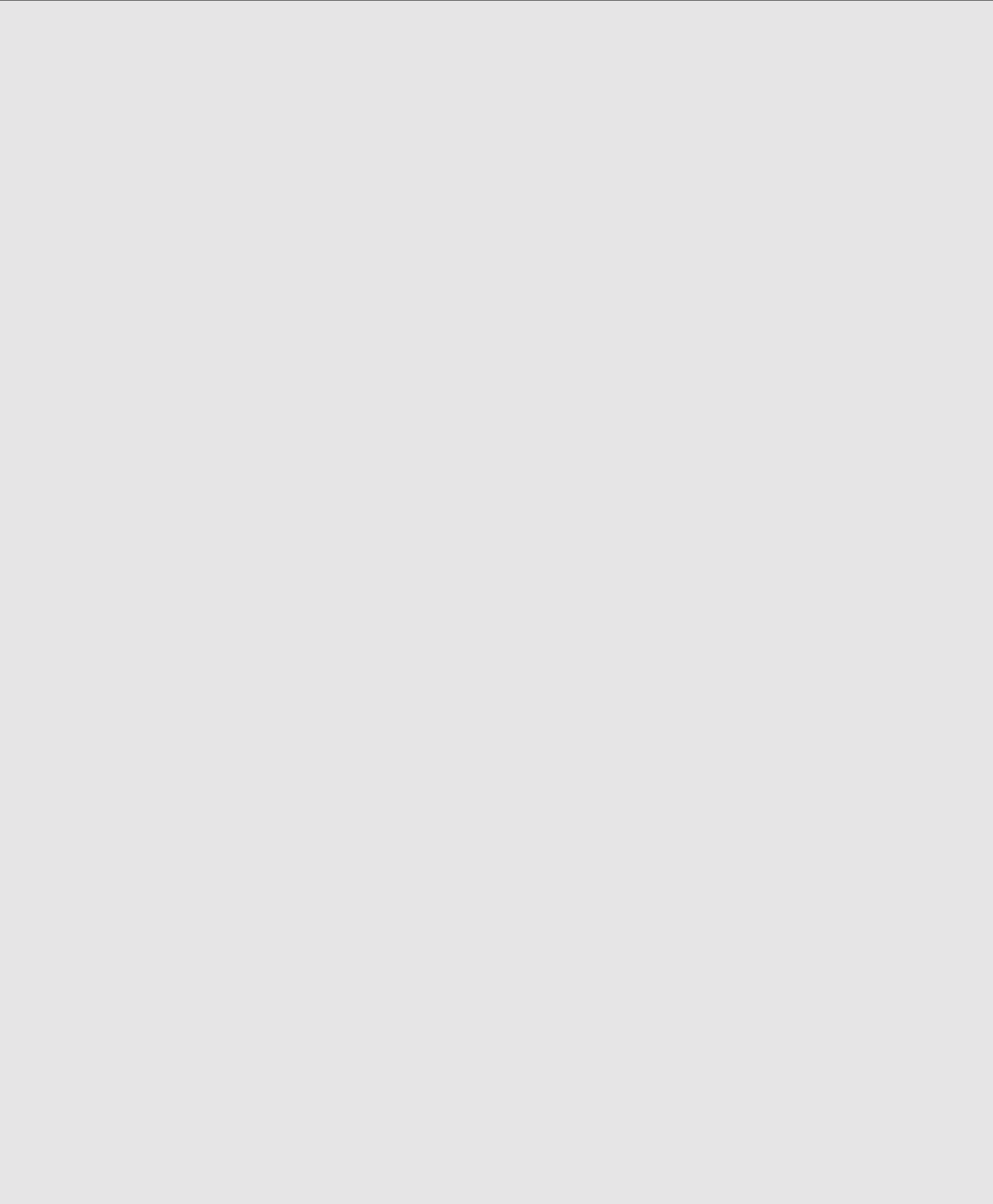


Staff Sgt. Mona Ferrell

Tech. Sgt. Linda Gore

Squadron: 325th Communications Squadron
Job title: Chief of administration communications and postal information manager
Years at Tyndall: One year, seven months
Years in Air Force: 18 years
Child’s name and age: Joshua, eight years old
Family activities you and your child like to do together: Watching movies and playing games like putt-putt golf together.
Most exciting facet about being a parent: Knowing I am responsible for molding my son into a well-mannered and caring person while instilling values that he will carry with him into his adult life.
Family’s long-term goals: To be more involved with his school activities and have more time for us.
Favorite book you read to your child: “Teddy Tales”
Favorite television show you watch together: “Walker, Texas Ranger”

(Editor’s note: April is Month of the Military Child. All spotlights will focus on Team Tyndall members with children.)



Sports and fitness



Tech. Sgt. Sean E. Cobb

Rosie Graham, Beacon Beach Marina Club supervisor, secures a line to the rear mizzen boom on Dan Chapasko's ketch, "South by Southwest." Chapasko is a marina club member.

Chilling out at the marina club

A cool breeze, warm sun await by St. Andrews Bay

John Knight
Beacon Beach Marina Club manager

The Beacon Beach Marina Club is an all-ranks club, with about 550 members. Most of our members are interested in some kind of water-related activity such as boating, fishing, sailing, jet skiing, wind surfing, diving or just cruising the gulf or the inland waterways. However, we have about 200 members who do not own a boat, they just love the marina club atmosphere and enjoy sitting on the back decks with their favorite beverage, enjoying the fantastic view of Saint Andrews Bay and the Gulf of Mexico.

The marina facility has 96 wet slips, all with power and water, 160 dry slips, four launch and recovery ramps, two wash racks, three fish

cleaning stations, four ice machines, a shower, barbecue grills, catalog sales service, fish-weighing station, horseshoe pits, gasoline sales and lots more. Seating capacity in the main marina building is 150 people, making it a great place for retirements, promotion parties and other social events.

The marina snack bar, The Galley, features a nautical setting with tables on the upper and lower back decks so you can enjoy your lunch overlooking the bay. We offer lunch specials Tuesday-Thursday, and every Friday we have an all-you-can-eat seafood buffet. In addition, the marina club is one of the few places on base where you can get a full breakfast on Sunday morning.

Interested in diving? The Tyndall Dive Flight is part of the marina club and is made up of recreational divers who share the same interests in the sport. Members organize group dives, sponsor an annual spear-fishing tournament and host an awards banquet at the end of the year. Lessons will soon be available along with a charter-boat dive service. As a member of the dive

flight, you receive unlimited free air service and free ice. This is a great sport — so sign up now.

The club also holds seven or eight fishing tournaments each year. The annual tournament runs all year long, with a banquet at the end of the year. Other tournaments include Ling (Cobia), ladies' open, kids' rodeo, King Fish and other species when in season.

If you're new in the area, there is always an avid fisherman available to give you some fishing tips. They can tell you where to find the big fish and the best bait to use. Also, a fishing-boat charter service will soon be available — a great opportunity to get the gang together and go out to the bigger fish.

If sailboat racing is your sport, the marina holds an annual regatta that's open to the public. There is also a summer series of races, with an awards banquet at the end of the season. All races are cruising-class C, so everyone with a sailboat can enter. Sailboats are scored with the handicap system, giving everyone a chance of winning.

As you can see, the marina club is a fun place for the whole family. Enjoy the fun and sun while you can — you never know where your next assignment may be.

The benefits of daily physical activity

- Reduces the risk of heart disease by improving blood circulation throughout the body.
- Keeps weight under control.
- Improves blood cholesterol levels.
- Prevents and manages high blood pressure.
- Prevents bone loss.
- Boosts energy level.
- Helps manage stress.
- Releases tension.
- Improves the ability to fall asleep quickly and sleep well.
- Improves self-image.
- Counters anxiety and depression and increases enthusiasm and optimism.
- Increases muscle strength, giving greater capacity for other physical activities.
- Provides a way to share an activity with family and friends.
- Establishes good heart-healthy habits in children and counters the conditions of obesity, high blood pressure, poor cholesterol levels and poor lifestyle habits that lead to heart attack and stroke later in life.
- In older people, helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence longer.

Source: American Heart Association

Intramural volleyball

Team	W-L	GB
CONR	7-0	—
81 TSS	6-0	.5
NCOA	7-1	.5
MED GP	6-1	1.0
COMM 1	6-2	1.5
95 FS	3-1	2.5
2 FS	5-2	2.0
AFCESA	5-2	2.0
325 OSS	5-3	2.5
325 CES	3-3	3.5
RHS	3-4	4.0
325 TRS	3-5	4.5
COMM 2	3-6	5.0
325 SVS	3-7	5.5
TEST	2-5	5.0
325 MXS	2-6	5.5
325 MSS	2-8	6.5
1 FS	1-8	7.0
83 FWS	0-8	7.5

W-L = Wins and losses GB = Games back from first place



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Straight up

Staff Sgt. Peyton S. Smith, 325th Operations Group command section NCOIC, works out on the abdominal and back machine at the health and wellness center. This machine gives a serious workout to the muscles in the back area.